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Collection Instructions

HELPFUL HINTS FOR A SUCCESSFUL TEST

PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING TEST

1. Keep the collection container and filled tubes in the refrigerator until your 24 hour collection is complete.
2. Check with your physician if you have any questions regarding iodine ingestion. Do not take if you have a known allergy to iodine.
3. Avoid taking any iodine supplements other than those prescribed for the test for 48 hours before and during the collection process.
4. Avoid consumption of any supplements or foods containing iodine/iodide (such as kelp, fish and sea vegetables) for 48 hours before and during the collection process.
5. Do not discard the cardboard box. It is required for return shipping.
6. For ease in specimen collection, a catch cup has been provided for your use. Collect your urine into this cup, and use it to pour into the large collection container.
7. If the ending time of your 24 hour collection occurs while you are sleeping, you still need to collect and include your first void that morning.
8. Review the instructions for excess (>3 liters) urine collection before beginning your collection.
9. The 24 hour collection container is recyclable. Please rinse the container and submit for recycling.
10. If the "excess" tube is not needed, please recycle.

Testing Instructions

1. Read all instructions before beginning your test.
2. Complete the Requisition Form.
3. Collect your first morning urine void and transfer to the #1 (spot) tube. Discard any excess.
4. Swallow all four of the iodine tablets provided in the kit. Record the number printed on the packet on the line "Iodine Pill Lot#" on the Requisition Form.
5. Collect all subsequent voids and transfer into the 3 liter container for the next 24 hours, including your first void of the next morning.
6. At the end of the 24 hour period, measure the total volume of urine collected. (Stand container on end, read level, and round to the nearest 50ml.)
7. Record the 24 hour volume on Requisition Form.
8. Ensure that the lid of the collection container is securely closed and mix urine by gently shaking container.
9. Pour urine into the #2 (24 hour) tube until it is at least 1/2 full.
10. Close the lid on tube tightly.
11. Discard urine remaining in original collection container.
12. Wrap tubes #1 and #2 in absorbent material provided in the kit.



13. Place wrapped tubes into the plastic bag provided in the kit and close bag securely.
14. Place bag in cardboard shipping box and seal with adhesive sticker.
15. Drop off at UPS location or call for pick up. Refrigerate package until ready for shipping.

Excess (>3 Liters) Instructions

1. If you fill the collection container before 24 hours, record the volume and date on Test Requisition.
2. Ensure that the lid of container is securely closed and mix urine by gently shaking container.
3. Pour urine into collection tube #2 (24 hour) until it is at least 1/2 full.
4. Discard remaining urine.
5. Continue collecting urine for the remainder of the 24 hour period.
6. At the end of the 24 hour period, measure the volume again and record it on Requisition Form as "excess".
7. Repeat step #2.
8. Pour urine into tube #3(excess) tube until it is at least 1/2 full.
9. Prepare for shipping (see steps 9-15).

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